



University of California  
San Francisco

# F2 Student Check-in: Step 1

10/15/20



# F2 Clinical Student Check-in

- Today's Topics
  - Acknowledging our Uncertain Times
  - Step 1 Guidance
  - Pillar/Study Support Resources

# Reminders

- Presentations take place for first 30 minutes
  - Influenced by questions collected by your student leaders
- Q&A Post Questions after Deans Presentations
  - “Like” questions posted by your classmates
- Online FAQs & recording of today’s session will be updated Tuesday following each virtual check-in

<https://meded.ucsf.edu/covid-19-updates#FAQ>

***Disclaimer:***

*We answer questions generalized for the entire class...if you have specific questions related to you personally, please reach out to the Student Experience Team*

# Acknowledging Our Uncertain Times

Lee Jones, MD, Associate Dean for Students

## Student Well-Being Resources

- [Medical Student Well-Being Program:](#)

**Free Psychotherapy:** The staff for this program is especially trained in working with medical students. This service is free to all medical students and will always be confidential. Please schedule an appointment either [Dr. Howard Rubin](#) or [Vittorio Comelli](#) via email or by calling 415-476-0468.

- **UCSF Student Health & Counseling:** (415) 476-1281, option 2
- **Student Experience Team and Medical Student Dean on Call (after hours issues):** (415) 476-1216, option 1
- **CARE Advocate:** [\(415\) 502-8802](tel:4155028802) or email: [care@ucsf.edu](mailto:care@ucsf.edu)
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **National Crisis Text Line:** 741-741
- **MedPeers Program:** Connects medical students with peers who have completed at least three years of medical school. Email [medpeer@ucsf.edu](mailto:medpeer@ucsf.edu) and the MedPeer on call will respond within 12-24 hours.

# Step 1 Guidance

John Davis, PhD, MD, Associate Dean for Curriculum

Karen Hauer, MD, PhD, Associate Dean for Assessment

# Important Dates

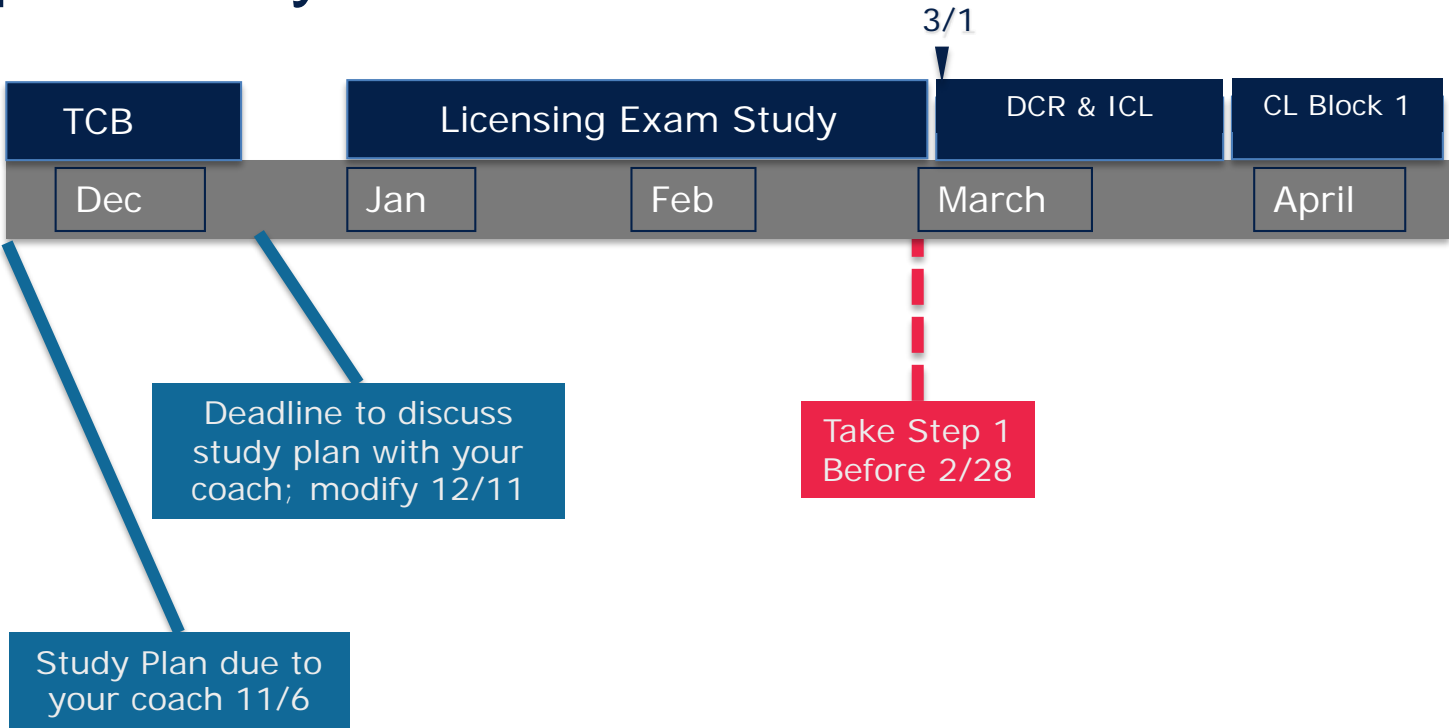
Presentation	Date and Time
✓ Intro to Step 1 (2.0)	ARCH 6
✓ Introduction to PILLAR Winter	ARCH 6
✓ MS4 Student Panel About Step 1 Prep	ARCH 6
Deadline to register for Step 1	November 2, 2020
Step 1 Study Plan due to Coach	November 6, 2020
Deadline to schedule Step 1	December 11, 2020



# Step 1 Registration: In a Nutshell

1. Sign up on NBME website: <https://apps.nbme.org/nlesweb/#/login>
2. Send completed application form, signed with 2x2 photo inserted as PDF file to [MedicalStudentCenter@ucsf.edu](mailto:MedicalStudentCenter@ucsf.edu) with subject line “Step 1 – [YOUR NAME]”  
**DEADLINE: November 2, 2020**
3. Wait to receive test scheduling permit from NBME – about 2-3 weeks after form submitted
4. Schedule your test (beware of Saturdays & holidays)  
**DEADLINE: December 11, 2020**  
Registration Fee: \$645
5. Take exam  
Standard deadline: **February 28, 2021**  
PILLAR Winter deadline: **April 25, 2021**

# Step 1 Study Plan



# Critical Reflection: Step 1 Study Plan

- Independent learning/review plan to guide your approach to Step 1 prep
- Informed by your performance to date
  - F1 performance (OEQ exams, MK categories)
  - CBSE performance (bar charts)
  - Clerkship exams
- Not a day-by-day; but study footprint
- Incorporate wellness
- Draft due to your coach by 11/6/20
  - Review and touch-base with coach to be completed by 12/11/20
- Access this document on iROCKET

# What To Do Now?

- Check out the Board Exams section of [Medical Student Center in iROCKET](#):
  - Important deadlines & workshops
  - Resource advice from past students
  - Study materials, sample schedules, and lecture-casts
- Register for Step 1; instructions in [iROCKET](#)

# PILLAR & Study Tips

Marieke Kruidering, PhD, Professor, CMP, Director PILLAR  
Susan Whitlow, MA, Associate Learning Specialist

# Before you apply

- Consider: Given the faculty-intensive and time-intensive nature of the program, participation is limited to those who are most likely to benefit from the support provided by PILLAR Winter.
- Meet with your Coach prior to submitting the application.
- Submit this application by **November 2, 2020** to [MedicalStudentCenter@ucsf.edu](mailto:MedicalStudentCenter@ucsf.edu)

# PILLAR Program: Pros

- For students who benefit from additional support and structure
- Extra time to prepare in a structured environment with familiar faculty
- Support from peers in a similar mode of preparation
- Weekly individual meetings with PILLAR Winter faculty advisers/mentors about study progress and help with adjustment of study schedule as needed
- The opportunity to start advanced clerkships more confident about a solid foundational knowledge to bring and apply to patient care.

# PILLAR Program: Cons

- Starting Career Launch in Block 2 will mean:
- Reduced time for career exploration and key subinternships before residency application submission
- Consider impact of timing on subinternship availability
- An interruption of Step 1 study for DCR/ICL requirements, which take on avg 40 hrs a week leaving **little time for Step 1 study in March.**
- Further delay of any outstanding F2 remediation until Step 1 is completed, and delay of Career Launch clinical rotations until both Step 1 and F2 remediation are complete



# How to apply

Scroll down

## Medical Student Center

[CLE Dashboard](#) / [Courses](#) / [School of Medicine](#) / [Student Services](#) / [Medical Student Center](#)

### ▼ Board Exams (Step 1 & Step 2)

Information, resources, and study materials regarding course exams, board exams, and the many other tools that are used to assess your progress in medical school

## Step 1 Resources

Here, you'll find information and materials to help you prepare for the USMLE Step 1 exam. Resources will be updated regularly. If you have any questions about these materials or requests, please let us know by contacting [MedicalStudentCenter@ucsf.edu](mailto:MedicalStudentCenter@ucsf.edu).

## PILLAR Winter Program

Application and program details will be announced soon.

The PILLAR Winter program is an academic preparation program for the Step 1 exam. structured academic time in order to prepare adequately for the Step 1 exam.



[PILLAR Winter Application, Timeline and General Information](#)



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# Study Resources: Used by MS4s

## Question bank(s)

UWorld

- 2 NBME self assessments
- If you need a second Q-bank: USMLE-Rx
- NBME Comprehensive Basic Science Self-Assessment (CBSSA) exam (voucher distributed at start of study period)

## First Aid

- Pathoma, Goljan, Sketchy micro/pharm
- Flashcards for Pharm, Biochem, ANKI
- BRS series, Boards & Beyond
- Wikipedia/your faculty **we will answer**
- Life resources **Exercise, family/friends, etc.**

# A Good Study Plan Includes:

- Sleep 6-8 hours/day
- Food—plan for 2 hours per day (including prep, eating, cleanup)
- Exercise
- Social
- Step 1 study
- Cushion/Contingency/Make-up time
- Study approaches you know work for you (not the time to try something completely new in studying)
  - Consider tracking what you do (time spent) so you can revise as needed

# More Step 1 Questions?

- For questions about registration, email [Dennis Chan](#)
- For questions about Step 1 studying, Contact [Susan Whitlow](#)
- Step 1 stressing you out? Email [MedPeer@ucsf.edu](mailto:MedPeer@ucsf.edu). Senior medical students who can listen and help with issues.
- [Medical Student Well-Being](#) and [Student Health](#) are also great resources to support you!
- For all other questions, including timeline, exceptions, or if you don't know where to go, email [DoQuyen Tran-Taylor](#)

# Q and A